

Helping Women Recover: A Program for Treating Addiction

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Helping Women Recover



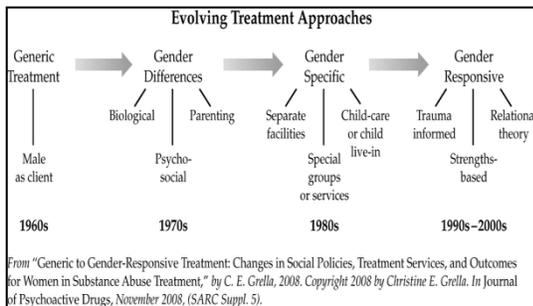
Community
Version



Criminal Justice
Version

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Evolving Treatment Approaches



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Gender-Responsive Treatment

- **Creating an environment through:**
 - site selection
 - staff selection
 - program development
 - content and material
- that reflects an understanding of the realities of the lives of women and girls (*men and boys*), and
- addresses and responds to their strengths and challenges.

Source: Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leader (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

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Guiding Principles for Gender-Responsive Services

- Gender
- Environment
- Relationships
- Women's Services
- Economic & Social Status
- Community

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Guiding Principles

- **Gender:** Acknowledge that gender makes a difference.
- **Environment:** Create an environment based on safety, respect, and dignity.

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Guiding Principles (cont.)

- **Relationships:** Develop policies, practices, and programs that are relational and promote healthy connections to children, family, significant others, and the community.
- **Services:** Address substance abuse, trauma, and mental health issues through comprehensive, integrated, and culturally relevant services.

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Guiding Principles (cont.)

- **Socioeconomic status:** Provide women with opportunities to improve their socioeconomic conditions.
- **Community:** Establish a system of comprehensive and collaborative community services.

(Bloom, Owen, Covington 2003)

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Women's Issues: An International Perspective

- **Shame and Stigma**
- **Physical and Sexual Abuse**
- **Relationship Issues**
 - fear of losing children
 - fear of losing a partner
 - needing partner's permission to obtain treatment

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Women's Issues: An International Perspective

- **Treatment Issues**
 - lack of services for women
 - not understanding treatment
 - long waiting lists
 - lack of childcare services
- **Systemic Issues**
 - lack of financial resources
 - lack of clean/sober housing
 - poorly coordinated services

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Environmental Therapy

Deeper Psychic Change

- Trust in others
- Courage to do new things
- To like yourself as a woman

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Environmental Therapy (cont.)

Cognitive Interventions

Managing

- Conflicts
- Relationships
- Relapse prevention
- Working together
- Social planning

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Women's Integrated Treatment (WIT)

This model is holistic, integrated and based on:

- **The gender-responsive definition and guiding principles**
- **A theoretical foundation**
- **Interventions/strategies that are multi-dimensional**

(Covington, 2007)

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Theoretical Foundation

The theories related to gender and substance abuse (and any other relevant treatment services) that create the framework of thought for program development. This is the knowledge base that creates the foundation upon which the program is developed.

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Treatment Strategies

The approaches used in the program that create the therapeutic process. These are the ways in which theory is operationalized (how theory is applied).

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- **Theory of Addiction**
 - Holistic health model
 - Chronic neglect of self in favor of something or someone else
- **Theory of Women's Psychological Development**
 - Relational-Cultural Model (Stone Center)
- **Theory of Trauma**
 - Three Stage Model (Herman)
 - Upward Spiral – A Transformational Model (Covington)

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Helping Men Recover:

A Program for Treating Addiction

(Covington, Griffin & Dauer)

Theory of Addiction

- Holistic health model
- Chronic neglect of self in favor of something or someone else

Theory of Men's Psychological Development

- Relational-Cultural Theory (Stone Center)
- Kivel, Pollack, etc.

Theory of Trauma

- Three Stage Model (Herman)
- Upward Spiral – A Transformational Model (Covington)

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Voices: A Program of Self-discovery and Empowerment for Girls

- **Theory of Girls' Psychological Development**
 - Relational-Cultural Model (Stone Center, Gilligan, Brown)
- **Theory of Attachment**
 - Ainsworth, Bowlby, Harlow, Stern
- **Theory of Trauma**
 - Three Stage Model (Herman)
 - Transformational Spiral (Covington)
- **Theory of Resilience**
 - Biscoe, Wolin & Wolin
- **Theory of Addiction**
 - Holistic Health Model

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Gender-responsive Materials (trauma-informed)

- **Women and Addiction:**
A Gender-Responsive Approach
- **Helping Women Recover**
- **Helping Men Recover**
- **Beyond Trauma:**
A Healing Journey for Women
- **Healing Trauma:**
Strategies for Abused Women

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Gender-responsive Materials (trauma-informed)

- **Women in Recovery**
- **A Woman's Way through The Twelve Steps**
- **Voices:**
A Program of Self-Discovery and Empowerment for Girls
- **Becoming Trauma Informed:**
A Training Curriculum for Correctional Professionals

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Gender-responsive Materials (trauma-informed)

- **Beyond Violence:**
A Prevention Program for Criminal Justice-Involved Women (available November 2013)
- **Beyond Anger and Violence:**
A Program for Women (available June 2014)

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Self-Help Books

- **Leaving the Enchanted Forest:**
*The Path from Relationship
Addiction to Intimacy* (relationships)
- **Awakening Your Sexuality:**
A Guide for Recovering Women
(sexuality)
- **A Woman's Way through The Twelve Steps**
(addiction and recovery, also available as an app)

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Process of Addiction

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Addiction: A Holistic Health Model

- Physiological
- Emotional
- Social
- Spiritual
- Environmental
- Political

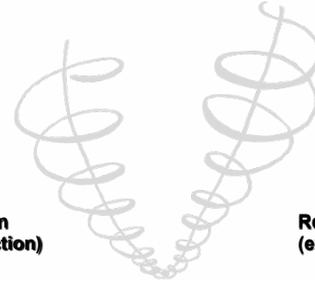
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Upward Spiral

Transformation

Addiction
(constriction)

Recovery
(expansion)



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Addiction: A pediatric-acquired disease

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Adolescence & Alcohol

- Start drinking before age 14
47% alcohol dependent
- Start drinking after age 21
9% alcohol dependent

(n=43,000)

(Source: Archives of Pediatrics & Adolescent Medicine, July 2005)

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Tobacco Statistics

- **Cigarettes kill more Americans each year than alcohol, cocaine, heroin, fires, car crashes, homicide, suicide and AIDS combined.**
- **The tobacco industry has to get 3000 children to start smoking every day simply to replace those smokers who die or quit. (2000 smokers quit every day and 1000 smokers die).**

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Tobacco Statistics

- **Ninety percent of all smokers start before they are 18 and 60% start before high school.**
- **Only 3% of daily smokers in high school think they will still be smoking at all in 5 years. But more than 60% are still daily smokers 9 years later.**

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Smoking – Genetic Risks

Those with higher genetic risk who start to smoke:

- Smoke daily as teens
- Become heaving smokers more quickly
- Smoke heavily for longer period
- Have a harder time quitting

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Teens – Genetic Risks

Teens with a high genetic risk who tried smoking:

- 24% more likely to smoke daily by age 15
- 43% more likely to smoke a pack a day by age 18
- 22% more likely to fail in their attempts to quit smoking as adults

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Women in Recovery: Understanding Addiction

Alcohol and other Drug Education

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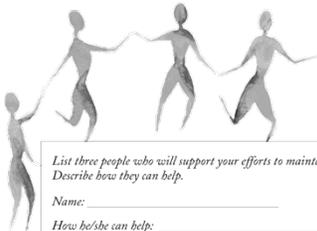
Drug use... and pregnancy

Health Risks Associated with Drug Abuse

Mother	Baby
poor nutrition	prematurity
high blood pressure	low birth weight
rapid heart beat	infections
low weight gain	Sudden Infant Death Syndrome
low self-esteem	birth defects
sexually transmitted diseases	stunted growth
early delivery	poor motor skills
HIV/AIDS	HIV/AIDS
depression	learning disabilities
physical/sexual abuse	neurological problems

How do you assess if the health risks alcohol and other drugs pose to a pregnant woman and her baby? 2 pts (2 in)
Describe how you believe you or someone you know has put themselves or their child at risk by taking alcohol and other drugs while pregnant.

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List three people who will support your efforts to maintain a drug-free lifestyle. Describe how they can help.

Name: _____
How he/she can help: _____

Name: _____
How he/she can help: _____

Name: _____
How he/she can help: _____

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Women's Psychological Development

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Relational-Cultural Theory

- Connection and development
- Disconnection
- Sociocultural disconnection
- Privilege and domination

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Relational-Cultural Theory

Some women use drugs:

- To maintain a relationship
- To fill in the void of what's missing in a relationship
- To self-medicate the pain of abuse in relationships

(Covington & Surrey, 1997)

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The Adverse Childhood Experiences (ACE) Study

- Collaboration between
 - Centers for Disease Control and Prevention (CDC)
 - Kaiser Permanente HMO in California
- Largest study ever
- 17,000 adult members participated

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ACE Study (cont.)

Population Studied:

- 80% white
- 74% college (36% some)
- 18% high school grads

(Felitti & Anda, 2010)

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ACE Study (Adverse Childhood Experiences)

Before age 18:

- Recurrent and severe emotional abuse
- Recurrent and severe physical abuse
- Contact sexual abuse
- Physical neglect
- Emotional neglect

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ACE Study (Adverse Childhood Experiences)

Growing up in a household with:

- An alcoholic or drug-user
- A member being imprisoned
- A mentally ill, chronically depressed, or institutionalized member
- The mother being treated violently
- Both biological parents *not* being present

(N=17,000)

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ACE Study (Adverse Childhood Experiences)

Results

ACEs still have a profound effect 50 years later, although now transformed from psychosocial experience into organic disease, social malfunction, and mental illness.

- Smoking
- Alcoholism
- Injection of illegal drugs
- Obesity

(Felitti, V.J.: Origins of Addictive Behavior: Evidence from the ACE Study. 2003 Oct;52(8): 547-59. German. PMID: 14619682 (PubMed-indexed for MEDLINE).

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Higher ACE Score Chronic Health Conditions

- Heart disease
- Autoimmune diseases
- Lung cancer
- Pulmonary disease
- Liver disease
- Skeletal fractures
- Sexually transmitted infections
- HIV/AIDS

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ACE Study (continued)

Women 50% more likely than men to have a score of 5 or more.

(Felitti & Anda, 2010)

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ACE Study (cont.)

One-third of the group
had a score of 0.

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ACE Study (continued)

**“I see that you have...
Tell me how that has affected you later in your life.”**

(Felitti & Anda, 2010)

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Adverse Childhood Experiences Five-State Study 2010

- Collaboration between CDC and state health departments of AR, LA, NM, TN and WA.
- 26,229 adults were surveyed

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ACE Scores and Impact

underlying factors for:

- Chronic depression
- Suicide attempts
- Serious and persistent mental health challenges
- Addictions
- Victimization of rape and domestic violence

Source: Ann Jennings, Ph.D.

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Women in Prison Largest Effect-Mental Health

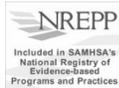
- **980% increase in odds if exposed to 7 CTE's**

(Massina & Gralla, 2005)

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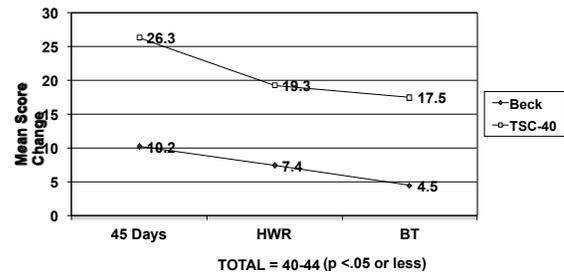
Evidence-Based

- Researched in
 - Residential treatment
 - Women's prison
 - Drug court
- Listed on NREPP



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Client Assessment Scores Improve after Completion of HWR and BT



Source: KIVA Program records – BDI & TSC Assessment, August 31, 2004 – October 13, 2006
Keaton, Curtis, and Burke (2006) SANDAG

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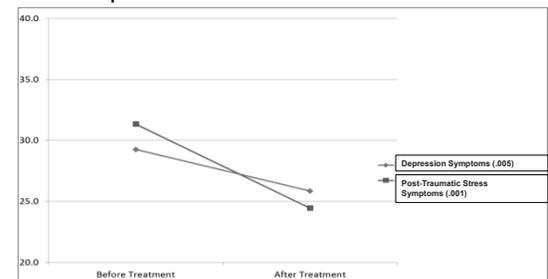
Drug Court Study (NIDA Funded)

- **Four sites in San Diego County**
- **Randomized control group**
- **Results**
 - **Fewer sanctions**
 - **Longer in treatment**
 - **Reduced PTSD symptoms**
 - **Judge notices differences**

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Healing Trauma Study

Pre and Post Treatment Changes in Symptoms of Depression and Post-Traumatic Stress



Source: Josephine M. Hawke, PhD, September 2012

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Trauma

Key Elements for Staff & Clients

- Learn what trauma/abuse is
- Understand typical responses
- Develop coping skills

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Trauma and Mothering

Children

- Can become a trigger

Mother

- Can be overly protective
- May have unrealistic expectations
- May struggle with nurture

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Definition of Recovery

The definition of recovery has shifted from a focus on what is deleted from one's life (alcohol and other drugs, arrests for criminal acts, hospitalizations) to what is added to one's life (the achievement of health and happiness).

(Miller & Kurtz, 2005)

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Helping Women Recover



Community Version

Criminal Justice Version

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Helping Women Recover: A Comprehensive Integrated Approach

Theory of Addiction

- Holistic health model
- Chronic neglect of self in favor of something or someone else

Theory of Women's Psychological Development

- Relational Model (Stone Center)

Theory of Trauma

- Three Stage Model (Judith Herman, M.D.)
- Upward Spiral – A Transformational Model (SSC)

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Key Issues for Women in Recovery

- Self
- Relationships
- Sexuality
- Spirituality

Source: Covington, S., (1994) A Woman's Way through The 12 Steps, Hazelden

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Self Psychology Kohut (1984)

- Mirroring
- Idealizing
- Twinning

Points of Intervention

- Cognitive
- Behavioral
- Affective

Helping Women Recover Module A: Self

- Session 1** *Defining Self*
- Session 2** *Sense of Self*
- Session 3** *Self-Esteem*
- Session 4** *Sexism, Racism, and Stigma*

(13 activities)

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Group Agreements

- Attendance
- Confidentiality
- Safety
- Participation
- Honesty
- Respect
- Questions
- Task
- Punctuality

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Five Senses Activity

- 5 things you can see**
- 4 things you can touch**
- 3 things you can hear**
- 2 things you can smell**
- 1 thing you can taste**

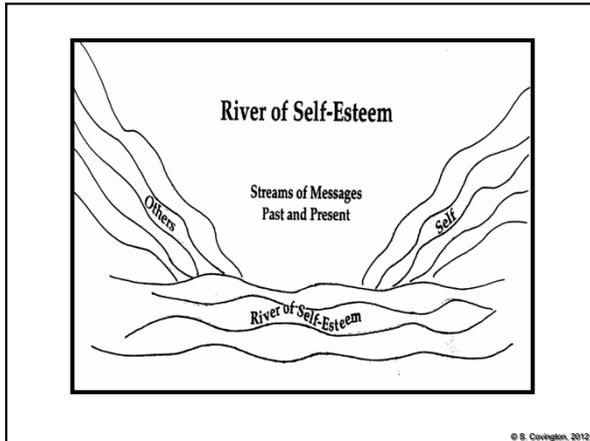
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Who Am I?

- **People**
- **Events**
- **Experiences**

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Role Reversal

Power Chart

<u>Powerful Group</u>	<u>Less Powerful Group</u>
men	women
adults	young people
boss	workers
teachers	students
whites	people of color
rich	poor
Christians	Jews, Moslems, Buddhists
able-bodied	physically challenged
heterosexual	gay, lesbian, bisexual
formally educated	non-formally educated

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Recovery Scale Self Module

	Not at all	Just a little	Pretty much	Very much
I keep up my physical appearance (nails, hair, bathing, clean clothes)				
I exercise regularly				
I eat healthy meals				
I get restful sleep				
I go to work/school (or complete tasks)				
I can adapt to change				
I keep up my living space				

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Recovery Scale Self Module

	Not at all	Just a little	Pretty much	Very much
I take constructive criticism well				
I can accept praise				
I laugh at funny things				
I acknowledge my needs and feelings				
I engage in new interests				
I can relax without drugs and alcohol				
I value myself				

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Helping Women Recover Relationship Module

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Module B: Relationships

Session 5 *Family of Origin*
Session 6 *Mothers*
Session 7 *Mother Myths*
Session 8 *Interpersonal Violence*
Session 9 *Creating Healthy Relationships and Support Systems*

(18 activities)

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Family Trees
1950 & 1990

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Family Sculpture

© S. Covington, 2012

Trauma and Mothering

Children

- Can become a trigger

Mother

- Can be overly protective
- May have unrealistic expectations
- May struggle with nurture

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Mothers

Letters

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Relationship History Chart
Relationship Module

	Mother	Father	3)	4)
Characteristics of person				
Characteristics of relationship				
My role, My feelings				
Rewards of relationship				
Price of relationship				
Involvement with chemicals or other addictive behaviors				
Response to addictive behaviors				

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Abuse Continuum

Domestic Violence

Domestic Violence Questions

1. Have you been hit or threatened in the last year?
2. Have your children been hit or threatened in the last year?
3. Have you ever been kicked?
4. Have you ever sustained bodily injury – bruises, cuts, broken bones, etc.?
5. Do you know what a restraining order is?
6. Do you want more information?

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Domestic Violence (cont.)

Responses

1. I am afraid for your safety.
2. I am afraid for the safety of your children.
3. It will only get worse.
4. I am here for you when you are ready.
5. You deserve better than this.

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Domestic Violence (cont.)

Client returning home (Case Managers/Continuing Care)

1. Do you feel apprehensive about returning to your relationship?
2. Is the apprehension related to a fear of being physically hurt?

We need to develop a safety plan (and find some additional resources).

- AA sponsor
- Community network
- Hot line
- Shelter

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Self - Soothing

	Alone	With Others
Daytime		
Night Time		

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Growth Fostering Relationships

- Each person feels a greater sense of “zest” (vitality, energy)
- Each person feels more able to act and does act
- Each person has a more accurate picture of her/himself and the other person(s)
- Each person feels a greater sense of worth
- Each person feels more connected to the other person(s) and a greater motivation for connections with other people beyond those in the specific relationship

Source: Stone Center, Wellesley College Wellesley, MA 02181 © S. Covington, 2012

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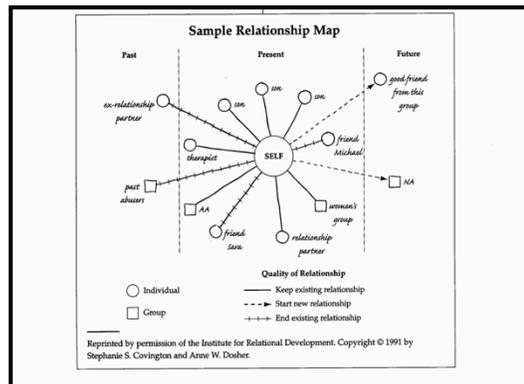
Outcomes of Disconnections

(Non-mutual or Abusive Relationships)

- Diminished zest or vitality
- Disempowerment
- Confusion, lack of clarity
- Diminished self-worth
- Turning away from relationships

Source: Stone Center, Miller

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Helping Women Recover Sexuality Module

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Module C: Sexuality

- Session 10** *Sexuality and Addiction*
- Session 11** *Body Image*
- Session 12** *Sexual Identity*
- Session 13** *Sexual Abuse*
- Session 14** *Fear of Sex while Clean and Sober*

(14 activities)

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Sexuality

SEXUALITY is a developmental process

SEXUALITY is an identification, an activity, a drive, a biological process, an orientation, an outlook

It is who and how we are in the Universe

SEXUAL GOOD HEALTH is the somatic, emotional, social and spiritual aspects of oneself integrated into one's identity and style of life

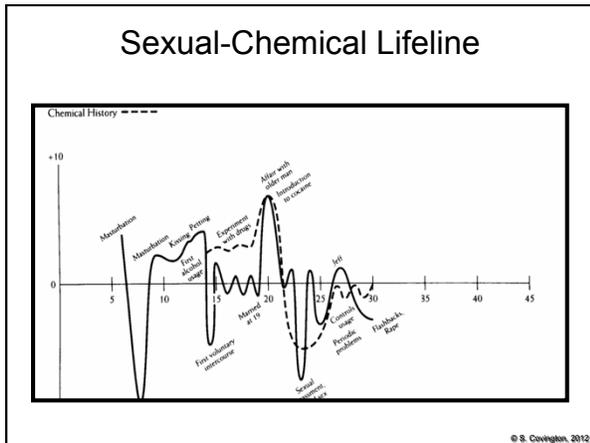
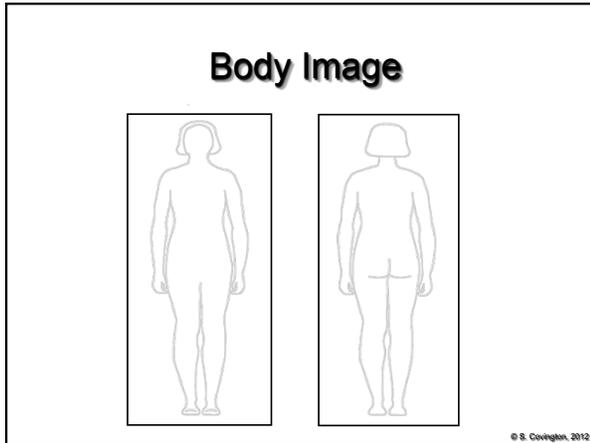
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Sexual Identity

Kinsey Scale

(0)Heterosexual Homosexual (10)

- What's erotic to you?
- Whom do you fantasize about?
- Where do your strongest emotional attachments lie?
- What is your sexual experience, and with whom?

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STATISTICS ON SEXUAL IDENTITY REPORTED BY ALCOHOLIC WOMEN

<ul style="list-style-type: none"> • BEFORE DRINKING BECAME A PROBLEM: • HETEROSEXUAL 74% • BISEXUAL 20% • LESBIAN 6% 	<ul style="list-style-type: none"> • DURING ACTIVE ALCOHOLISM: • HETEROSEXUAL 57% • BISEXUAL 37% • LESBIAN 6%
<ul style="list-style-type: none"> • IN SOBRIETY: • HETEROSEXUAL 66% • BISEXUAL 17% • LESBIAN 17% 	

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SEXUAL ATTITUDES AND
BEHAVIORS SCALE

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DRAWING SAFETY

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SEXUAL ABUSE
CONTINUUM

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RAPE

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GUIDED IMAGERY

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Sexual Bill of Rights

My Sexual Bill
of Rights



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Helping Women Recover
Spirituality Module

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Module D: Spirituality

- Session 15** *What is Spirituality?*
- Session 16** *Prayer and Meditation*
- Session 17** *Creating a Vision*

(10 activities)

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Spirituality

wholeness, connection to the universe;
belief in something greater than
yourself, trust in a higher or deeper
part of yourself.

RELIGION
AND
SPIRITUALITY

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Tenets of Women's Spirituality

- Recognizing the interrelatedness of all life
- Honoring the dignity of the female
- Appreciating the human body as the container of the spirit

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Tenets of Women's Spirituality
(cont.)

- Discovering the power of creating ritual
- Perceiving work for ecological and social justice as a spiritual responsibility
- Cultivating sensitivity to diverse multicultural experiences

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A SPIRITUAL EXPERIENCE

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THE PROMISES OF RECOVERY

- IF WE ARE PAINSTAKING ABOUT THIS PHASE OF OUR DEVELOPMENT, WE WILL BE AMAZED BEFORE WE ARE HALF WAY THROUGH. WE ARE GOING TO KNOW A NEW FREEDOM AND A NEW HAPPINESS. WE WILL NOT REGREAT THE PAST NOR WISH TO SHUT THE DOOR ON IT. WE WILL COMPREHEND THE WORD SERENITY AND WE WILL KNOW PEACE. NO MATTER HOW FAR DOWN THE SCALE WE HAVE GONE, WE WILL SEE HOW OUR EXPERIENCE CAN BENEFIT OTHERS. THAT FEELING OF USELESSNESS AND SELF-HATRED WILL DISAPPEAR. WE WILL LOSE INTEREST IN SELFISH THINGS AND GAIN INTEREST IN OUR FELLOWS. SELF-SEEKING WILL SLIP AWAY. OUR WHOLE ATTITUDE AND OUTLOOK UPON LIFE WILL CHANGE. FEAR OF PEOPLE AND OF ECONOMIC INSECURITY WILL LEAVE US. WE WILL INTUITIVELY KNOW WHO TO HANDLE SITUATIONS WHICH USED TO Baffle US. WE WILL SUDDENLY REALIZE THAT GOD IS DOING FOR US WHAT WE COULD NOT DO FOR OURSELVES.
- ARE THESE EXTRAVAGANT PROMISES? WE THINK NOT. THEY ARE BEING FULFILLED AMONG US SOMETIMES QUICKLY, SOMETIMES SLOWLY. THEY WILL ALWAYS MATERIALIZE IF WE WORK FOR THEM.
AA BIG BOOK

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The Spiritual Steps

- 2. Came to believe that a power greater than myself could restore me to sanity
- 3. Made a decision to turn our will and our lives over to the care of God as we understood him
- 11. Sought through prayer and meditation to improve our conscious contact of God
- 12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs

Spiritual Practices

- Quiet time
- Prayer
- Meditation
- Centering activities such as singing, music
- Being out in nature
- Keeping a journal

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Spiritual Practices

- Attending church, synagogue, mosque, temple
- Helping others in need
- Creating personal altars..
- Learning from others.
- Celebrations!

PRAYER AND MEDITATION

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CREATING A VISION

- IT IS NOW _____, AND AS I LOOK BACK OVER THE LAST SIX MONTHS, I SEE . . .

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What is Sanctuary?

- Sacred place
- Place of refuge/protection
- Shelter

ORID

- Objective
- Reflective
- Interpretive
- Decisive

Woman-centered Treatment

Each woman needs an opportunity to:

- Acknowledge that she has an addiction.
- Create a connection with other women.
- Obtain an accurate diagnosis (through assessment) and appropriate medication, when necessary, for any co-occurring disorder(s).

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Woman-centered Treatment (cont.)

- Understand the impact of alcohol and other drugs on the female body.
- Understand the connection between trauma and addiction.
- Have a wide selection of clean-and-sober coping skills.

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Woman-centered Treatment (cont.)

- Understand the impact of alcohol and other drugs on the female body.
- Understand the connection between trauma and addiction.
- Have a wide selection of clean-and-sober coping skills.

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Sanctuary



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What is Sanctuary?

- Sacred place
- Place of refuge/protection
- Shelter
- Oasis

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What Makes a Difference?

- Creating a safe environment
- Listening to her/his story
- Empathy

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"Man Prayer"

- words by Eve Ensler, film by Tony Stroebel



When Eve met His Holiness Gyalwang Karmapa at TED India, she was immediately inspired by his commitment to this movement to write a prayer – the Man Prayer.

<http://onebillionrising.org/pages/video-downloads#manprayer> © S. Covington, Ph.D., 2015



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CLOSING RITUAL

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